

## O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR

### Annual Syllabus Break-up for the session 2023-24.

**Subject :- Games & Sports**

**Class:- X**

Sl.	Month	No. of Instructional days	No. of Periods	Chapters to be Taught	Subject Enrichment activities	Values to be Imparted	Extra content to be Taught
1	APRIL	08	08	1. Indoor-Table-Tennis, Chess, Carrom, Badminton, Chinese Checker	Coordination Following of Skills	Regularity Punctuality Understanding, Attitude developed for activities	Patience Calculative Concentration
2	MAY	00	00	---Vacation---	-----	-----	-----
3	JUNE	04	04	2. Indoor-Table-Tennis, Chess, Carrom, Badminton, Chinese Checker	Perfection in Following Skill performance	Calculative, Patience, Reaction towards the step	Removing of Irritation for daily life
4	JULY	08	08	3. Football, Basketball, Cricket, Badminton, chess	Shot placement and Endurance inaction to keep spinal nerves muscles and glands in healthy conditions and strength and vigor to the whole body,	Knowledge of cooperation which is very helpful in day to day life	Lessen fatigue Releasing of Stress
5	AUGUST	09	09	4. Kho-Kho, Kabaddi, Cricket, Badminton, Basketball, Football, Chess	Anticipation, Reaction, Force and Timing, Intensity of movement	Respect and attitude towards each other	Improve energy level, attitude to be alert always
6	SEPTEMBER	.....	.....	<b>Half Yearly Exam</b>	.....	.....	.....

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7	OCTOBER	08	08	5. Athletics, Kho-Kho, Kabaddi, Basketball, Football, Cricket, Badminton, Chess	Performance of skills, physical fitness components, Reaction, hand movements, neuromuscular coordination	Control emotions in frustrating situations, Learn about fair play and being a good sportsman	Depression, Anxiety Releasing of Stress
8	NOVEMBER	08	08	6. Athletics, Football, Cricket, Basketball, Badminton, Chess	Bringing calm and peace.	React against the activities	Attitude to be alert always
9	DECEMBER	08	08	7. Cricket, Basketball, Kabaddi, Kho-Kho, Chess	Force and Timing, Intensity of movement	Physical fitness, Control and patience	Attitude developed for activities, Releasing of Stress
10	JANUARY	07	07	8. Basketball, Cricket, Badminton, Chess, Carrom	Proper Execution and Coordination, Team work	Learn about fair play and being a good sport	Improved Toughness of the body and development of resistance power

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